

### HEALTH INFORM

Throughout the year your PROfile Pharmacist may ask if you would like to be enrolled in this free service if you are prescribed a medication on our Health Inform list.

#### This service may provide you with suggestions on:

- lifestyle changes to help you feel better such as diet, exercise or stress relief
- information on the medication you are taking including proper use and what you should expect from your medication as you use it

### FLAVORx™

Some medicines taste awful and may result in skipped doses or stopping the medication before you are supposed to. This can delay your recovery or lead to a return of the symptoms. The FLAVORx™ Medical Flavouring System allows us to safely flavour both liquid prescriptions and over-the-counter medications to make them more pleasant to take for children, adults and even animals without changing how they work.

Have a look at our "Wheel of Yuck" which contains the 50 worst tasting medicines and the best flavours to use with them. Our goal is to give you choices to make medicine easier to take and to promote a healthy, speedy recovery.



### HEALTH BROCHURES

Our pharmacies contain a wide selection of up-to-date information about many healthcare topics you or a family member may wish to learn about.

Check out our brochures on a variety of health conditions, medications and non-drug treatments, and a list of other resources you may find helpful!



#### ASK YOUR PROFILE PHARMACIST FOR DETAILS ON THESE OTHER PROFILE PROGRAMS!

- Public Education programs
- Long Term Care Pharmacy Services
- Assisted Living Pharmacy Services
- Drug Plan Management for small & large businesses



### HEALTH AND WELLNESS DAYS

Your PROfile Pharmacist will hold Health and Wellness Days throughout the year including Heart Health, Diabetes, Bone Health, Asthma, Travel Health and much more. Your PROfile Pharmacist is available to discuss these issues with you and on certain clinic days may be able to test your blood sugar, total cholesterol, measure body fat percent and in the fall and winter provide a flu shot.

See in-store promotions for information about our next Health and Wellness Day.

# PROfile

## Services at the Pharmacy

EXCLUSIVELY AT



937295 Revised 2009

# What's your **PRO**file?

Our pharmacy has several programs and services to complement our prescription dispensing and counseling to help you manage your family's medication and health care needs. Please talk to any of our PROfile pharmacy team members for more details on the services listed below.



## DIABETES CARE IN ACTION NETWORK

### Diabetes Care In Action provides:

- support and information for people with diabetes and those who care for them
- regular updates on the latest developments in diabetes management
- help from pharmacists who have a special interest and commitment to diabetes care
- products and services to help people with diabetes better manage their condition

### Your enrollment includes:

- A personal copy of the "Diabetes Care In Action Self-Care Guide", with tips on blood glucose monitoring, meal planning and foot care
- A personal subscription to the "Diabetes Care In Action Newsletter", delivered to your home eight times yearly
- Information on diabetes management, recipes, meal planning and new products

- An opportunity to submit your questions to be answered in the newsletter
- An opportunity to tell your personal story and offer encouragement to other people dealing with diabetes



## TRAVEL RX

Your PROfile Pharmacist is available to assist you with your travel needs such as recommended vaccinations, precautionary medication, first aid needs, and storage requirements of all your medication.

- Receive a FREE personalized PROfile Passport to take with you when you travel with the information you require should you need to seek medical help while away
- Take part in our FREE Autofill Plus program that we offer on all travel vaccination prescriptions. Let us handle the reminder for your vaccine booster while you focus on planning your trip
- Answers to your travel health questions, whether it is before you leave, while away, or after your return

## PILL PACK PLUS

Are you taking the right medication at the right time, in the right combination... every time? The PROfile Pill Pack Plus Program is a service designed to simplify your medication schedule.

The PROfile Pill Pack is a convenient bubble-pack card that holds both prescription and nonprescription medications. Each card contains a seven-day supply of all medications in doses up to four times per day: morning, noon, evening and night.



## Pill Pack Plus benefits both the patient and the caregiver:

- You can see at a glance that your medications have been taken on schedule
- You can simplify your schedule by including regularly scheduled nonprescription medications such as vitamins
- You are less at risk for unwanted effects that can occur if medicines are not taken properly

## A variety of professional services complement the actual Pill Pack:

- Your pharmacist will co-ordinate your prescriptions so that all medications contained in your pill pack are due at the same time
- Your pharmacy staff provides you with verbal and written information on the best use of the Pill Pack during your initial appointment and will follow up with you approximately two weeks after you begin
- Your pharmacy will automatically refill your Pill Pack medications
- As an added benefit, we will provide you with a free compact pill box for use when away from home
- At your request, your PROfile pharmacist can provide an up-to-date medication list (including any nonprescription medications we package for you) to your physician or any other healthcare provider

## AUTOFILL PLUS

AutoFill Plus is a unique program designed to automatically refill your medications.

It's all about your convenience - no more missed doses, less waiting time and fewer trips to the pharmacy.

Your PROfile Pharmacist will even notify you when your prescriptions are ready for pick up and when you need to contact your physician for renewals.